The Lions' Pride

Welcome Freshmen

SAINT LEO UNIVERSITY • FRESHMEN ISSUE 2017 • SINCE 1965

Welcome, Class of 2021!

Cassidy Whitaker
Editor-in-Chief

Hello to Saint Leo University's newest lions and welcome! *The Lions' Pride* newspaper congratulates you on your acceptance to this incredible University. Everyone is so excited to welcome a new class to the Saint Leo community and family.

As new students, many of you may be seeking an on-campus job or real-world experience to add to your resume. The newspaper is here to tell you to look no further than *The Lions' Pride*! The student-run campus newspaper is one of the many employment and resume-building opportunities available. Jobs on campus provide experience to add to your resume, a way to get involved and make friends, and of course, put some money in your pocket.

The Lions' Pride is entirely student-run and continuously grows and improves, thereby providing its student workers with real-world experience and skills that employers seek. The first skill is the ability to write, of course. So, if you enjoy writing, are simply interested in learning about writing, or wish to improve your writing skills, this is the job for you.

Writing isn't the only skill you can gain and practice with *The Lions' Pride*, though. In addition to written skills, the newspaper also exercises other journalistic skills such as researching, interviewing, photography and videography, reporting, editing, layout, and sharing and engaging on social media. Plus, the newspaper provides tangible skills as well such as meeting deadlines, working independently as well as with a team, problem solving, and time management.

Working for the campus publication will not only allow you to have fun and make friends, but it is also very enriching. There are few things more rewarding than working hard and then being able to concretely see your hard work come to fruition by having your work published. *The Lions' Pride* staffers are encouraged to share their work with their family and friends online via the newspaper's website or Facebook page and also the physical copies of the paper on campus with their friends.

The newspaper did more throughout the last academic school year than it ever had before, and it plans on doing even more this year. It is a paid job that is offered as both a Federal Work Study and a Non-Federal Work Study position and is open to all majors. The newspaper is a place where students of all majors gain valuable experience that can be applied to any future career path.

Writing for a college newspaper is definitely not easy, though. Interviewing can be intimidating if you're not used to it, schedules can sometimes be difficult to coordinate, deadlines can be stressful to meet, and having people who rely on your work is overwhelming at times. However, The Lions' Pride staff is supportive and always willing to help and provide guidance.

Another benefit of this job is opportunity for growth. The Lions' Pride provides many resources for staffers to advance in their positions. These helpful resources include open office hours and one-on-one meetings with the editors/ advisor, weekly staff meetings, certifications available for earning through the Poynter Institute, and periodic staff workshops.

The newspaper welcomes anyone with a passion and drive for hard work, but freshmen are especially encouraged to apply. As new students, you are often full of fresh and interesting ideas and possess incredible motivation. Plus, The Lions' Pride is a wonderful way to get involved on campus!

For more information, you can contact the newspaper's faculty advisor Valerie Kasper via email at valerie.kasper@saintleo.edu or at her office located in room 341 of Saint Edward Hall. Also, you can stop by the newspaper office in room 106 of the Student Activities Building. Visit our website at http://lionsprideonline.com/ and our Facebook page The Lions' Pride Newspaper to check out the staff's work!

You can apply on Saint Leo's employment website at http://www.saintleo.edu/employment.aspx and search for our job postings using the keyword "newspaper."

Good luck, new lions! The staff can't wait to meet you.

Freshmen Celebrate at Summer Fest

By Emily Kochanski
Campus News Editor

On July 15, Saint Leo welcomed incoming students and their families to the University with a campus-wide blowout. From 12 p.m. to 7 p.m., guests of all ages partied down at Saint Leo's annual Summer Fest.

This year, to avoid the brutal Florida heat, Summer Fest consisted of several indoor activities in cooler locations around campus, such as a party at the Marion Bowman pool, kayaking in the lake, and a painting class in the fine arts building. A video game extravaganza took place in the lobby of apartment five and seemed to be the most popular activity among students, including Kira Parisi, a student and summer staff member for First Year Experience.

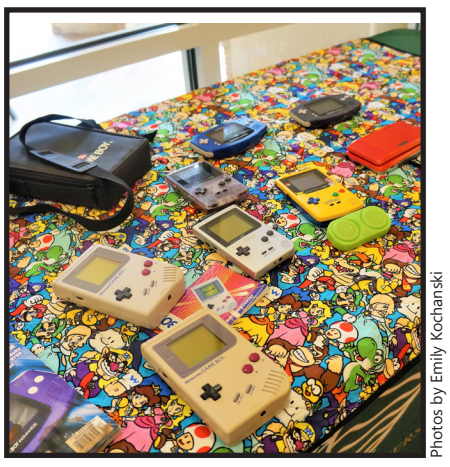
"All the games were so cool," Parisi said. "They had different games and systems like Atari to some as new as the Nintendo Switch."

All of the events culminated with one final bash in the SCC Bowl at 5 p.m. Guests could chow down on complimentary meals from several food trucks, cool down on an inflatable water slide, or try their luck at winning some nifty raffle prizes, such as tickets to the upcoming Rays vs. Yankees game, all while grooving to a live DJ.

Some visitors chose to get in touch with inner creativity by taking a painting class.

Students could work up a sweat on the inflatable obstacle course, then cool off on the neighboring water slide.

Students came out on top in the faculty vs. students tug of war match, though it didn't seem to be evenly matched.



The lobby of apartment 5 became a gamer's paradise.

Photos by Emily Kochanski

After seeing the fun activities and friendly atmosphere the University has to offer, many incoming freshmen are looking forward to the start of their first semester. Steven Grant, who hails from Orlando, was attracted to Saint Leo's computer science program.

"I'm really looking forward to being able to achieve as much as I can in as little time as possible," said Grant. "I'm also eager to participate in some intramural volleyball."

Just like those in the past, this year's Summer Fest received a spectacular turn out. It proved to be the perfect way for students, both new and returning, to beat the summer and get back into the school spirit.

To view more photos, visit https://www.facebook.com/lionspride-newspaper/

Oh, the Places You Will Go

By Emily Kochanski
Campus News Editor

Photo from Wikimedia Commons

There are plenty of places to explore in Pasco County, and all within a relatively close range to the Saint Leo campus.

At first glance, the tiny town of Saint Leo and the surrounding area may not appear to have much to offer in the area of entertainment for incoming university students. Don't let its size fool you, Pasco County, especially San Antonio, Dade City, and Zephyrhills, have plenty of interesting places to visit and fun things to do.

Just a short walk from the Saint Leo campus lies the historic town of San Antonio. Here, students can find a couple of barber shops when they are in need of a trim, a quaint park that has set ups for a game of basketball, baseball, and soccer, and a couple of tasty restaurants, including the popular Mexican gem Pancho's Villa. Prior to entering San Ann, students will also pass a drive-up coffee shop called A Cup of Organic and a tasty BBQ restaurant by the name of On Q. Continuing on SR 52, students will also come across a bicycle shop, campus swag store called Campus Gear, and Al's Pizza Shop. Campus Gear not only features a plentiful assortment of Saint Leo memorabilia, but also offers a discount on items to University students.

Heading in the opposite direction on 52, after passing Pasco High School and taking a right onto Meridian Avenue, students will find themselves in the heart of Dade City. Taking a left on 301, leads to popular eateries Del Carmen, Mallie Kyla's Café (which also doubles as American Eagle Antique Mall), and Francesco's New York Style Pizzeria. If one is looking for a little entertainment to accompany their meal, then travel a short way down 301, away from Dade City, and there sits the nostalgia inducing Joy-Lan Drive In Theater.

Down town Dade City is mostly for sightseeing and dining. The historic courthouse, the jewel of the city, is a major tourist attraction, along with multiple antique shops. Patrons can visit several quaint little shops, such as Lori Ann's, Annetta's Antique's, and Another Man's Treasure to name a few, and find various collectibles, curios, and oddities. Also of note is a handy little shop called the Book Shack, a cheaper alternative to Barnes and Noble. The avid reader can find and purchase novels, some textbooks, and other forms of literature of varying categories and genres or exchange their own books for store credit. When hunger strikes, there is also a diverse selection of eateries to choose from. Some restaurants include TJ's Deli and Ice Cream, Café Kokopelli, Lunch on Limoges, a Matter of Taste, Beef 'O' Brady's, Truly Mediterranean Grill, and Orleans City Market, which serves authentic cajun cuisine. After lunch, patrons can grab desert at Olga's Bakery or enjoy a cup of joe at Perk's Café.

Continuing on 301 away from, down town, leads to more familiar locations. The city is home to a couple of sit down restaurants, such as IHOP, Bubba Q's, and ABC Pizza, as well as several fast food stops, like Wendy's, Dunkin' Donuts, McDonald's, KFC, Taco Bell, Subway, Checkers, and Burger King. Students can stock their dorms with food and supplies from Publix, Winn Dixie, or Walmart, as well as other smaller recognizable chain stores.

Just up 301 sits the town of Zephyrhills, popular for its plentiful restaurants, shops, and entertainment. Zephyrhills has all of the same grocery stores, drug stores, and fast food restaurants that can be found in Dade City, but with a few new interesting stops thrown in. Chili's, Ruby Tuesday, Panera Bread, Sonny's BBQ, Pizza Hut, and Happy Cow Frozen Yogurt are only a few of the popular chain restaurants that dominate the small town; but Zephyrhills also has a number of privately owned eating establishments, including Terra, a gluten-free option, Dimaggio's That's Amore, Sunrise Eatery, and Coney Island, a small restaurant famous for their foot-long hotdogs. Zephyrhills and Dade City alike are also home to several Chinese, Mexican, and Pizza restaurants.

Zephyrhills is also a popular place to shop 'til you drop. Shops include Walmart, GameStop, Bealls, Ross, T.J. Maxx, Hobby Lobby, and, if your low on funds, several thrift shops and discount stores like Family Dollar, Dollar General, Dollar Tree, and the highly unique and affordable Ollie's Bargain Outlet.

If trying on clothes isn't enough fun, then students can catch a flick at the Zephyrhills Cinema 10, roll a few balls and topple some pins at Pin Chasers bowling alley, get a blast from the past with vintage games at Classic Contagious Games, or, for the nature lovers, take a scenic walk or jog around Zephyrhills park.

Downtown Zephyrhills is rapidly becoming a hot spot for high school and college age residents. New eateries, clubs, and live music venues are being added frequently and offer a wide array of daily entertainment for people of all ages. If you are looking for some evening excitement, take a stroll down scenic fifth avenue and venture inside the Zephyrhills Brewing Company or the Creative Souls Cafè.

Students don't have to go all the way to Tampa to have a good time; between San Antonio, Dade City, and Zephyrhills, there are a number of fun local hot spots to choose from to spend some free time without spending too much cash. And new fun features are being added all the time.

Surviving Your First Year: Budgeting 101

By Erin Gaylord
Former Online Editor

You are officially a college student. Moving out can be exciting, but taking on the responsibility can be daunting as well. Be sure to budget while you are in college to have some extra spending money, but also be able to get everything you need. If you spend all of your money on going out and having fun with friends, you may not be able to afford your necessities such as textbooks and supplies for class.

First, decide if you are going to get a job on campus or off campus, or if you want to work over the summer and save up that money for the school year. If you decide to get a job while you are taking college courses, make sure the job you chose will not be too stressful while you are taking classes. Getting a job on campus is a good option if you are a first-time college student and do not know what to expect. These jobs do not take up too much time, but they are enough to give you some extra spending money.

If you decide to get a job off campus, make sure your employer understands how often you will be in class, and when you will be able to work outside of class. Off-campus jobs could pay more, but you will have to pay more for gas to get back and forth to work as well.

Another option is to work over the summer and save money from that job to have extra spending money for the school year so you can focus more on school. Having a summer job is a good option as long as there is a good budget set for that time and you followed the budget closely so there will be an adequate amount of money left over for the school year.

Once you find out where your money is coming from, you can lay out your budget. The most efficient way to budget is to write it out whether that be on a piece of paper or an Excel spreadsheet. This way you can see the budget, and it may be easier to follow and be strict on yourself with rather than just telling yourself what you should and should not buy. Also with writing it out, you will be able to set up exactly how much you need for each thing, food, clothes, supplies, etc., and know exactly how much you can afford to spend.

Get a job on campus to help with the expenses. Having a job on campus is ideal for students who would like to have a job, but do not want to travel off campus for work or stress about work and school. School jobs do not require as many hours of work as other positions off campus may. Also, there are many different types of jobs on campus. You could pick a position that coincides with your major in some way.

Having a job on campus will help with a little extra spending money to enjoy more time off campus or save up for the future.

Always try to save some money even if it is not a lot. Twenty dollars a paycheck is better than nothing, and soon, that little bit of money each month will add up to a decent amount of savings.

"If your car breaks down or you have an unexpected medical expense, you'll be way ahead of the game if you have money saved in an emergency fund," according to College in Colorado.

If you have money in a savings account, you have some fallback money in case of emergency. This way, you will not have to borrow money, use a credit card, or go without a car or food, etc.

If there is not an emergency where you have to spend part or all of your savings, it can be saved for a place after graduation, a new car, or anything else that you will want or need.

Another way to save money and help your friends out as well is carpooling. If you have a group of friends and several of you have cars, trade off on who drives each time you go out. Dedicate each week in a month to a different person, or keep a list written down of who drove last and keep rotating drivers. By doing this, each person will be saving gas and it will be fairer rather than one person driving most of the time or taking separate vehicles and everyone wasting gas.

By not buying everything you think you need and only getting the bare minimum to start off with, you will avoid wasting your money. If you only buy what you know you will need for class or your dorm room; you could save money for other things. If you end up needing something later, buy it then, but do not buy everything to start off with. You may not even use it.

If you have the unlimited meal plan, do not bother buying a lot of food for your dorm room. You could save that money for something else. Take advantage of your meal plan. Do not eat out very often. Allow yourself one meal off campus a month or do not eat out at all, if possible. This way you will not throw away spending money when you have already paid for a meal plan on campus.

Also, selling your textbooks when you are done with them could give you some money back. There are several options for selling your books. You could sell them back to the bookstore, sell them online, or sell them to someone you know will take that class. By selling your textbooks, you could use that money to buy books for the next semester or year and not have to worry about spending a whole lot on textbooks for that semester.

Before selling your textbooks, look up how much the used book in the condition that it is in costs online. Take a little bit off of the price from that and sell it. This way you know you are getting the right amount for your book, and you are not losing money.

Another way to price your books can be to write down how much you spent on them when you bought them. Then take some off of that for any wear and tear or if you bought it new, but now it is used.

Keep your budget up to date when you buy things, and at the end of the year look the amount of money you spent. See what was necessary and what was not. Looking at the numbers will give you a good idea of how well you are budgeting, and you can plan better for the next year.

Picture from @AmericanActionForum

If saving money in a savings account is too tempting to spend, try using a jar or other container to put saved money in.

Student Financial Support Center (Formerly known as Trane Stop) (Located in Saint Edward Hall):

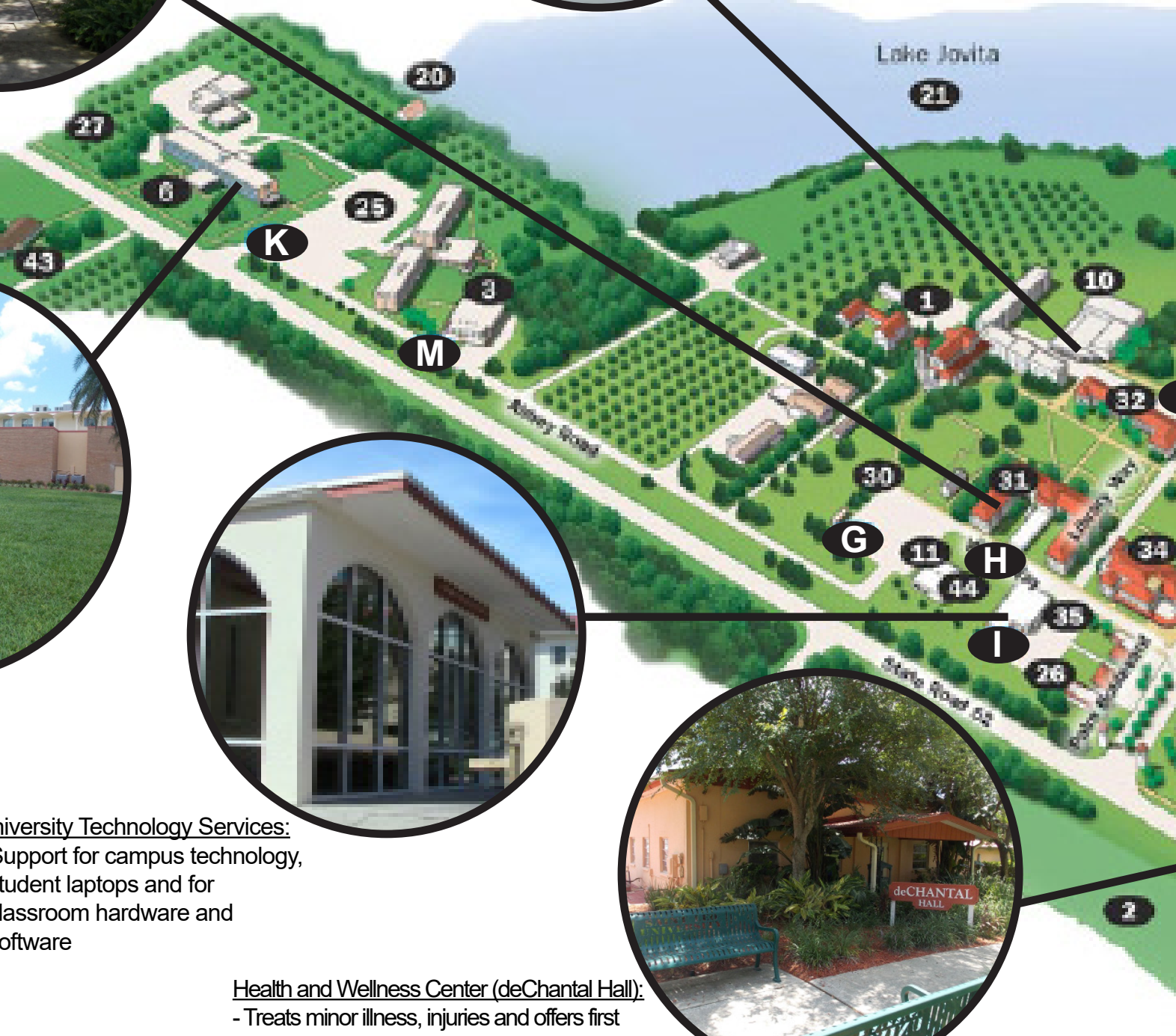
- Essiental student center for all financial and parking decal

Daniel A. Cannon Memorial Library:

- Computer lab with full internet access
- Inter-library loans
- Databases, full text online as well as journal articles and ebooks

Student Activites Building (SA

- Career Planning , get help w resumes, interviewing and choosing career options.
- Newspaper and yearbook o
- Greek life, student services a students activities



Benedictine Hall:

- Black Box Theatre
- Faculty Offices

University Technology Services:

- Support for campus technology, student laptops and for classroom hardware and software

Health and Wellness Center (deChantal Hall):

- Treats minor illness, injuries and offers first aid as well as flu and allergy shots
- Doctor on campus (Check with center for hours and times)

Map Key

1. Abbey Church
2. Abbey Golf Course
3. Admissions (Undergraduate)
4. Alumni Residence Hall
5. Athletic Fields
   a. Baseball Stadiums-Thomas B Southard
   b. Intramural Field
   c. Soccer Field
   d. Softball Stadium
   e. Turf Lacrosse Stadium/Parking Garage
6. Benedictine Hall
7. Benoit Residence Hall
8. Bookstore
9. Bowl
10. Cannon Memorial Library
11. Chiller Plant
12. de Chantel Hall
13. Dining Hall
14. Fine Arts Building
15. Fitness Center
16. Greenfelder Denlinger Boardrooms
17. Henderson Residence Hall
18. Herrmann Mail Center
19. Kirk Hall
20. Lake House
21. Lake Jovita
22. Lakefront
23. Lewis Hall
24. Marion Bowman Activities Center
25. Marmion/Snyder Residence Halls
26. Music Building
27. Facilities Management (Plant Operations)
28. Roderick Residence Hall
29. Ropes Course
30. Former ROTC location
31. Saint Edward Hall
32. Saint Francis Hall
33. Saint Jude Chapel
34. School of Business Building
35. Security
36. Shelby Auditorium
37. Student Apartments 1-4
38. Student Apartments 5-6
39. Student Activities Building
40. Student Community Center
41. Swimming Pool
42. Tennis Courts
43. The Villa
44. University Technology

Parking Key

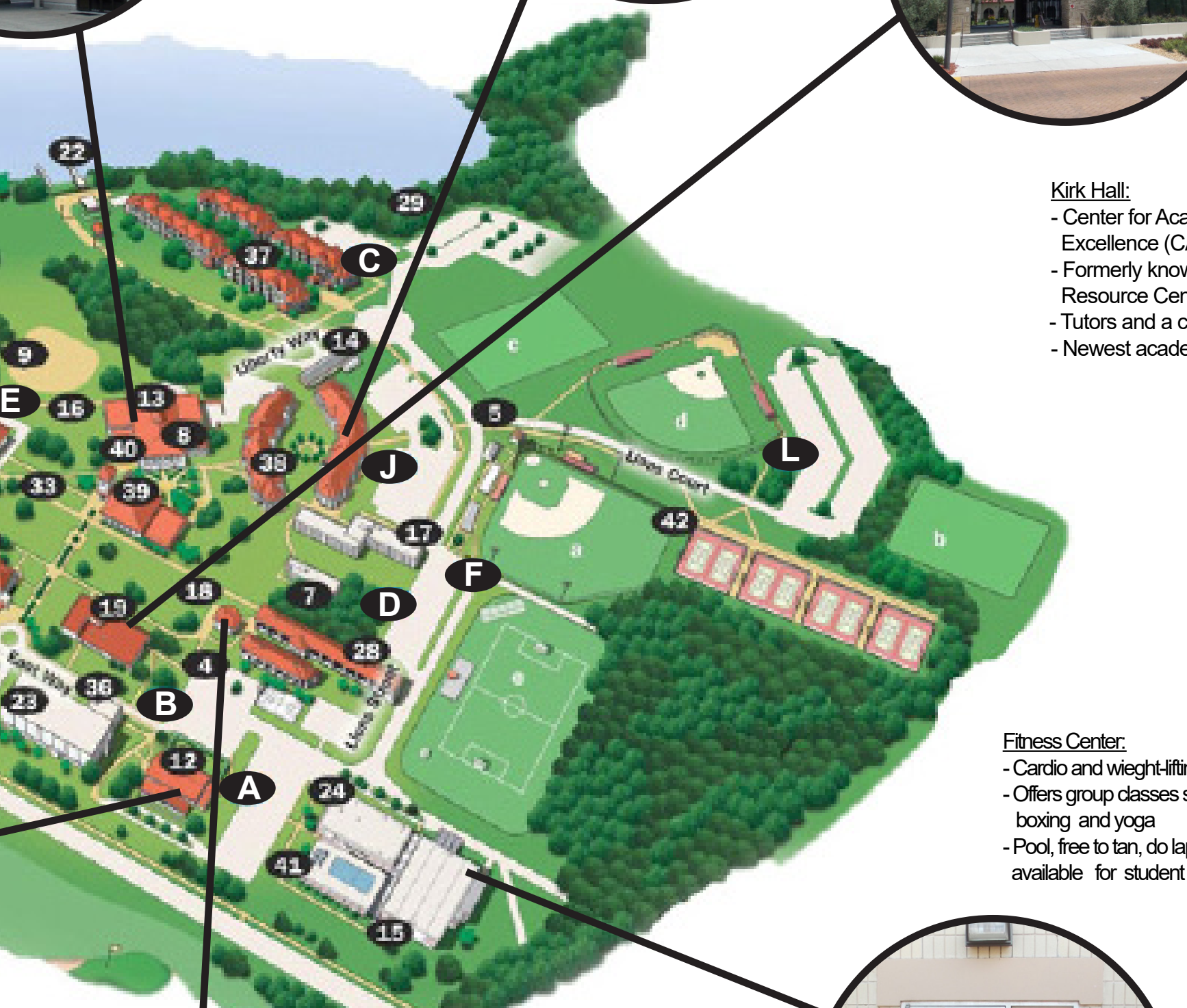
A. Lot 1: Green, Yellow, Sliver
B. Lot 2: Green, Yellow, Sliver
C. Lot 4: Green, Yellow, Sliver
D. Lot 5: Green, Yellow, Sliver
E. Lot 6: Special Permit
F. Lot 7: Green, Yellow, Sliver
G. Lot 8: Yellow
H. Lot 9: Yellow
I. Lot 10: Yellow and Visitor
J. Lot 11: Green, Yellow, Sliver
K. Lot 12: Red
L. Lot 13: Green, Yellow, Sliver, Blue
M. Admissions

AB):
with

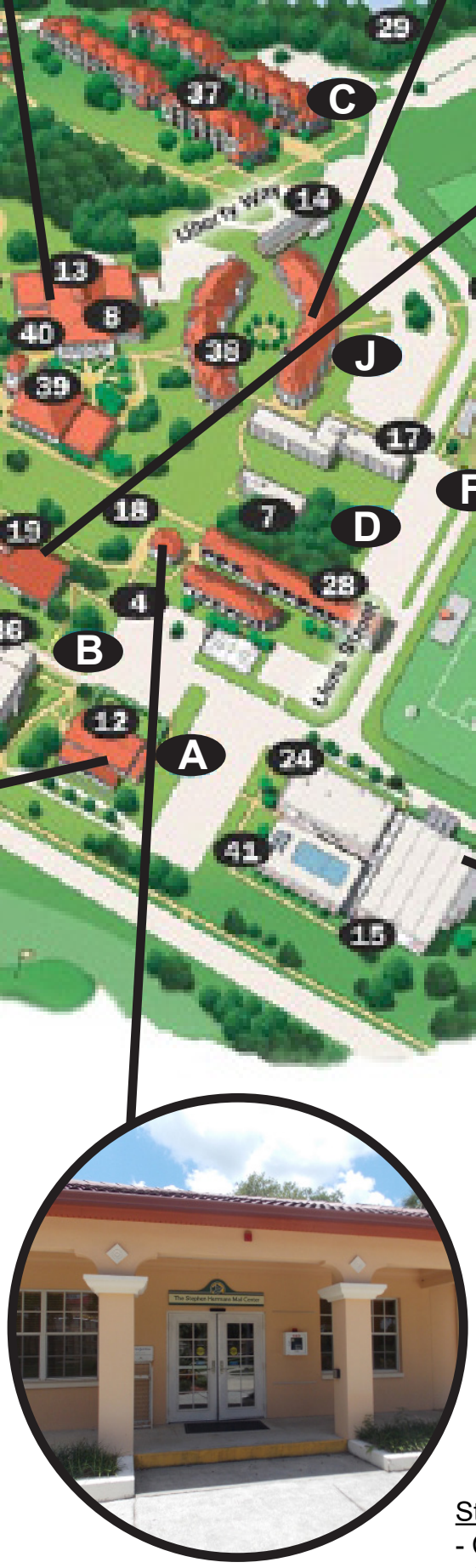
ffice
and

Residence Life (Apartment 6):
- The one stop for any housing or meal plan concerns

Kirk Hall:
- Center for Academic Vision & Excellence (CAVE)
- Formerly known as the Learning Resource Center (LRC)
- Tutors and a computer lab
- Newest academic building



Fitness Center:
- Cardio and wieght-lifting equipment
- Offers group classes such as boxing and yoga
- Pool, free to tan, do laps and is available for student gatherings



Stephen Herrmann Mail Center:
- Campus post office
- Student mailboxes
- Send and receive packages
- Hours: M - F, 8 A.M. to 5 P.M.

Map alteration made by Jessica Miller. Other photos taken by Nicolas Santos, Jessica Miller, and Cassidy Whitaker.

The Deal with Student Discounts

By Wakens Leonard
Photography Editor

It's official, you're now a college student! As an incoming freshman, you have all of Saint Leo University to explore. But did you know that your student ID carries a lot more power than you think? This is often referred to as the student discount, so be sure to take advantage of it and make good use of your money. The following is a list of locations near Saint Leo, as well as some online outlets, that offer student discounts and have been verified by The Lions' Pride Newspaper staff. Some of these companies offer student discounts on school supplies and textbooks so you don't break the bank before school even begins.

Picture by: Emily Kochanski

Al's lunch special gives you two slices of pizza and a fountain drink for just $5.

Online

Amazon Prime Student
With Amazon Prime's student discount, students get six months of Amazon Prime for free. Once the six months are up, students can choose to upgrade to Amazon Prime for 50 percent off of its regular price of $49 per year.

Apple
With Apple's "education pricing" program, students and teachers can enjoy a five percent discount on many Apple products, up to $200 off certain products, or even a free pair of Beats headphones with certain purchases.

Microsoft
Not an Apple fan? Many PC companies offer discounts as well. Microsoft offers discounts on their Surface Laptop, Surface Pro, and Microsoft Office 365 to those students with valid ID's.

Dell
"Dell University" is a section of the Dell corporation that specifies in selling technology at discounted rates for students. Lenovo offers a 10 percent discount to students sitewide.

Adobe
If any of your courses require the use of Adobe products, Adobe offers up to 60 percent off of their Creative Cloud.

Clothing

Banana Republic
This normally expensive clothing retailer offers a 15 percent discount to students.

Dockers
This casual clothing retailer gives students a 20 percent discount sitewide.

J.Crew
J.Crew offers a 15 percent discount on non-sale items, but in stores only.

Levis
This high quality jean company normally offers a 15 percent discount on their merchandise, but is currently offering a special promotion which ups the discount to 25 percent.

Topshop
Students with a valid ID will receive a 10 percent discount off of their entire purchase.

Tommy Hilfiger
Tommy Hilfiger offers a 15 percent student discount to students with a valid student ID.

Entertainment

Cobb Theaters
Cobb Theater tickets cost students about $9.50, but on Thursdays students can expect to only pay $7.50.

Cinemark
Cinemark charges students $8.75 vs. the regular $10.75 rate.

Spotify
Rather than paying the regular $10 a month, students' account prices are cut in half to an affordable $5 a month. Perfect for the avid music fan.

Transportation

Amtrak
With Amtrak, students with a valid ID can get 15 percent off of their

Picture by: Emily Kochanski

Burger King is one of the closest fast food places to campus, located on US-301 in front of the Publix.

Picture by: Emily Kochanski

***The New York Times* includes sections that cover everything from domestic and international politics and business to style and real estate.**

ticket when they book at least three days in advance. You may also bring two carry-on bags and two checked bags. The trains also provide electrical outlets and free Wi-Fi.

Greyhound
Greyhound gives students 10 percent off of their fare. Passengers are allowed one carry-on and one checked bag for free, with a $15 fee for each additional bag.

Penske
Although this company doesn't transport passengers, when it comes time to move in or out, Penske can be useful if you have tons of stuff. They give students 10 percent off on all truck or van rentals. You must to be 18 or older to rent a truck.

Insurance

Allstate
Allstate offers up to 20 percent off if you are a single, full-time student.

Geico
"B" average students can receive up to 15 percent off.

State Farm
Students can expect up to 25 percent off, so long as they're getting good grades.

Farmers
Students with a 3.0 GPA can receive up to 20 percent off.

Periodicals

The New York Times
If you are an avid news fan, the New York Times offers their digital subscription at a discounted rate for students. The first four weeks on a discounted subscription come free with a $1 rate afterwards.

The Wall Street Journal
The Wall Street Journal offers a 75 percent discount on their digital subscription.

Food

Al's Pizza Shop
Al's Famous Pizza is currently offering a promotion for two one-topping pizzas for just $12.

On Q Smokehouse Grill
On Wednesdays, On Q gives Saint Leo students 10 percent off of their meals.

Burger King & Subway
Burger King and Subway each offer a 10 percent discount at participating locations.

Keep in mind, this list barely even scratches the surface. Don't hesitate to ask other nearby locations if they offer any useful deals or discounts to hard-working college students.

Disclaimer
Please keep in mind that all of these discounts are subject to change or can possibly be discontinued by these companies.

Picture by: Emily Kochanski

The Cobb Theater nearest to campus is located in the Grove at Wesley Chapel plaza; perfect for a day or evening of shopping and a movie!

JOURNALISM...
the WRITE minor for you!

Close reading, thorough researching, critical thinking, and clear and effective writing are all essential skills needed for any career. The journalism minor will enhance and strengthen your current major by providing these essential skills.

For More Information Contact: valerie.kasper@saintleo.edu / St. Ed's 341

Journalism Minor (total credits = 18)

Complete the following required courses:
- ENG 205 Intro to Professional Writing
- ENG 227 Basic Journalistic Writing
- ENG 441 Advanced Journalism
- ENG 428 Internship OR ENG 318 Pre-internship

Choose two of the following courses:
- ENG 332 Creative Non-fiction
- ENG 450 Desktop Publishing and Design
- ENG 430 The Independent Writer
- COM 333 Web Design and Information Resources

JOIN THE PRIDE

Do you like writing, editing, photography, layout & design, and/ or multimedia?

Gain practical experience that can be applied to any future profession you choose.

Teamwork
Communication Skills
Writing/Editing/Design/Multimedia Skills
Time Management Skills
Ability to Meet Deadlines
Ability to Work Independently

For more information, contact Mrs. Valerie Kasper (valerie.kasper@saintleo.edu) or to apply, go to http://www.saintleo.edu/employment.aspx and search for our job postings using the keyword "Newspaper."

http://lionsprideonline.com/